

# CANADIAN CAMPING

OFFICIAL PUBLICATION OFFICIELLE

THE CANADIAN CAMPING ASSOCIATION

L'ASSOCIATION DES CAMPS DU CANADA



Fall Edition, 1973, édition d'automne



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*Photo Courtesy Camp Ponacka*

## CANADIAN CAMPING MAGAZINE

Subscription rates: \$4 - 1 year, \$10 - 3 years  
(Distributed free to members)  
\$1.25 per single copy

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## A Message from the President

### Message du Président



*The Editor — probably with good reason — has said, "Be brief." I hope, therefore, the following information will be of interest to our membership.*

*If the Constitution is ratified in the near future, there will be increased Board representation from every province, as well as a representative of French-speaking Canadian camps. In addition, a new Vice-President of C.C.A. will be elected by January 31st, 1974.*

*The Publications Committee will soon be issuing a greatly increased list of books available through C.C.A.*

*National Camping Day will not be held again until 1976.*

*A new Code of Ethics will soon be developed and distributed to C.C.A. camps.*

*A Standards Workshop highlighting Day Camping will be held for two days this winter.*

*Plans are well under way for a conference on Outdoor Education and Camping to be held next April. This will tie in with a conference to establish Nature Lore schools and programmes across Canada. Lorne Browne is chairing this conference.*

*The magazine has had problems . . . problems related to advertising costs. We are, though, beginning to see the light and with reorganization, headed by Doug Dent, I expect we will soon be out of the woods. However, we earnestly seek the support of every member in Canada to endeavour to solicit ads which will bring revenue to our magazine, thereby assisting us to operate at a reduced loss. Please contact Doug.*

*As with everything else, fees must rise. The C.C.A. is generously supported by Recreation Canada for leadership training, but the office expenditures and administration, as well as costs for the magazine, must be borne by our membership. For several years this has been around the \$3000.00 figure, but it is now quite unrealistic.*

*The Canoeing Schools continue to provide tremendous leadership in canoeing in Canada. Successful schools were held this year in Ottawa, New Brunswick and Lake of the Woods. The new "Western" school will be held in Saskatchewan or Alberta next June.*

*We are all naturally fed-up with the countless forms requesting statistics, but when they come from your Provincial or National Camping Associations, please take time to complete them as soon as possible. We desperately need information on what's happening in Camping across the country.*

*There has been great growth in not only the C.C.A., but particularly the Provincial Associations. We are being recognized more and more as the official voice of organized Camping in Canada. There are more "open doors" in Ottawa and in turn several provinces have indicated much stronger and better relationships with their own governments. The number of campers continues to increase, although we still have the big problem of "selling our product" to the general public. It is a ceaseless task, but as we become more professional we cannot let down. Organized camping is something we should be selling and it needs the commitment of every leader in Canada who is interested in working with children.*

La rédacteur a dit — probablement à bon droit — "soyez bref!" J'espère donc que les renseignements suivants s'avèreront intéressants pour nos membres.

Si la Constitution sera ratifiée dans le proche avenir, un plus grand nombre de délégués représentera chaque province dans le futur auprès du Conseil Administratif et il y aura même nouvelle représentation des camps francophones canadiens. De plus, un nouveau Vice-Président du l'A.C.C. sera élu d'ici le 31 janvier, 1974.

Le Comité Publicitaire émettra bientôt une liste du grand nombre de livres disponibles chez l'A.C.C.

Le jour national du camping ne sera plus observé jusqu'à 1976.

Un nouveau Code Moral sera mis en valeur bientôt et distribué aux camps de l'A.C.C.

Un cours standard sur le camping journalier sera tenu pendant deux journées cet hiver.

Les plans sont en train d'être arrêtés pour la conférence sur l'éducation de plain air et le camping, envisagée en avril prochain. Ceci sera relié à la conférence sur l'établissement de programmes et cours traitant des sciences naturelles à travers le Canada. Lorne Browne est le Président de cette conférence.

Notre revue a eu ses difficultés — difficultés relatives aux frais de la publicité. Cependant nous sommes à même de nous tirer d'affaire et suite à la réorganisation dirigée par Doug Dent, j'espère que dorénavant tout s'arrangera. Or, nous devons demander le soutien de tous nos membres au Canada, pour essayer de nous procurer des annonces publicitaires, afin d'augmenter les revenus de notre revue, de façon à nous permettre d'opérer à frais réduits. Prière de vous adresser à Doug.

Comme tout autre, les honoraires doivent remonter. L'A.C.C. est généreusement soutenue par Recreation Canada dans la formation des moniteurs, mais les frais administratifs et du bureau, ainsi que les coûts de notre revue doivent être défrayés par nos membres. Dans le passé cette somme se chiffrait à \$3000.00 environ, mais à présent ce montant n'est pas suffisant.

Les cours de canoë continuent à donner des résultats excellents. Des cours très réussis ont été tenus cette année à Ottawa, au Nouveau Brunswick et au Lac des Forêts (Lake of the Woods). Le nouveau cours d'entraînement "du West" sera tenu à Saskatchewan ou à l'Alberta en juin prochain.

Nous en avons tous assez des formules innombrables qu'on nous demande de remplir sans cesse, mais lorsque ces dernières vous proviennent de votre Association Provinciale ou Nationale du Camping, vous êtes priés de bien vouloir vous empresser de les compléter aussitôt que possible. Nous avons très grand besoin de toute information relative au camping à travers le pays.

L'A.C.C. et les Associations Provinciales ont joui d'une forte croissance. On nous reconnaît de plus-en-plus comme étant la voix officielle du camping organisé au Canada. Ottawa nous prête son attention, et de leur côté, plusieurs organisations provinciales nous ont indiqué des relations améliorées avec leur gouvernement. Le nombre des campeurs augmente toujours, tandis que nous continuons d'orienter le public. C'est une tâche interminable, mais au fur et à mesure que nos techniques deviennent plus professionnelles nous ne pouvons relâcher nos efforts. Nous devons continuer de populariser le camping organisé et cette fin exige l'engagement de tous ceux voués à l'oeuvre de la jeunesse.

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The Canadian Camping Association is indebted to The NEATHERN Trust  
for its support of "Canadian Camping"  
through a substantial donation to assist in the publication of this issue.

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*Photo courtesy The North Bay Nugget*



# Mary S. Edgar

## 1889-1973

*"Turn my dreams to noble action  
Ministries of love.*

(M.S.E. Camp Hymn, 1924)

In 1922 the news spread that a young Canadian was starting a girls' camp in "the far northland" on Lake Bernard by her home town of Sundridge. My parents decided I should go. I objected. "Camps don't let you do what you want. You have to do what they say." However, I agreed to meet this woman with my mother at tea. "But I'll only stay five minutes because I'm not going to her silly camp."

So, on an April afternoon I met Mary Edgar. In a few minutes I was telling her my innermost interests—the Knights' club we had founded, my secret love of poetry and the talents of my Boston Bull. Miss Edgar appeared to be enthralled. She said, "Well, we won't have Knights at camp but we will have Indians. Perhaps you would help me organize the tribes." (Would I ever!) She described how she loved poetry and said that I could write some myself for the Scroll which would be read out in Council Ring, and finally she invited the snorting bull dog to be a camper too. Thus began an association with Miss Edgar that lasted over fifty years.

Beneath Miss Edgar's many achievements, I believe her most outstanding quality was that the same empathetic interest as she showed in me she had for every child (and adult too). How the wants, talents, assets of each could find expression at camp was her great goal. The unique programme she evolved at Glen Bernard (which deserves an article in itself) grew out of this concern. Long before psychologists were expounding "individual differences", Mary S. made them the keystone of her philosophy and the crux of her practices. Each camper was unique and each felt "a somebody" in being able to be herself.

She wrote:

"Is it not a marvellous thing  
That all the long years through  
Since the world's beginning  
There never was a *You*. (†)

And Thank-You God because I'm Me, —  
A Person, quite unique, and free." (\*)

Unlike many camps, Glen Bernard was located in the founder's own community. Mary Edgar and her sisters Margaret (Gilchrist), Anne and Betty (McTavish) were born and raised in Sundridge. Their parents, Joseph and Mary, had settled there in 1885 before the railway reached so far north. They ran the General Store. Her father went into lumbering and later became the M.P.P. for the District of Parry Sound. The camp had a real life in the community. In early years, the village ice cream man brought his wares in a launch to the camp bay and everyone could go out in canoes and buy a sundae from him. We went to the annual community picnic at Hartvelt (yes, that really was its name!) and ate home-made meats, pickles, salads, pies and cakes off the groaning trestle tables. We listened to the local folk sing, recite, preach, and we played games with their children. Later we entertained them at the camp.

Miss Edgar knew everyone in the village and the out-lying farms. She knew their needs. Often we were taken to visit and to see poverty-stricken homes in the back concessions and became very aware of "counting our blessings". No camper's clothing was discarded. It was placed in big boxes at the end of camp. Mrs. Edgar had it repaired and distributed to children of the right size. No waste was allowed. At Christmas, we each had a name of a local child



Photo courtesy Mary L. Northway

*"In 1922 we came to G.B.C."*

Mary S. Edgar and some of her campers,  
1922.

(†) *Under Open Skies*, Clarke, Irwin, 1955.

(\*) *Canadian Camping Magazine*, Summer 1973.



for whom we made up an appropriate Christmas stocking. What a day it was when we took these to the Gilchrist's home where they were packed and sent away to Sundridge.

In the early years, camp supplies were purchased from the local farmers. We sometimes picked their berries ourselves. Fruit and vegetables in season came from nearby fields. Milk was acquired from a neighbour. After a few years, health authorities said there must be pasteurized milk. Miss Edgar often told of breaking this news to the local farmer. His reply was, "Ain't my pastures as good as any." Surprisingly, although milk was prohibited, cream continued to come from the farmer for several years. Perhaps its thickness was thought to kill the possible germs.

This involvement with the community remained throughout Miss Edgar's life. On her retirement from camp, she and her sister Anne acquired a cottage on the edge of the village. To this campers often came for an evening of stories and "eats"; many, many old campers dropped in as they were passing along Highway 11 to the farther northland. Villagers, all of whom were known by name, called. An award of which Miss Edgar was justly proud was being made Honorary Reeve of Strong, Joly Township and Sundridge in 1967. As a centennial project she bought a piece of land down the lake "High Rock" and had it made into a Park for the people of Sundridge "because the cottagers have taken all the lakeshore and the village people have no campsite of their own." She loved her home community. Her camp contributed much to it and it contributed much to her camp. In the last few years she completed a manuscript on the family's early days in Sundridge, the adventures of her sisters and herself as children, under the working title *Turn of the Century for Suzanne Marie*. It concludes with a description of the church bells ringing to herald the twentieth century—with its future of great hope and peace. This was almost completed. It is hoped that it still may be published.

Beyond her camp and community, Mary Edgar's vital personality penetrated into the life of Canada. Her experiences with the Y.M.C.A., the C.G.I.T., The Guides, her association with other Ontario camp directors—Taylor Statten, Ernie Chapman, Ferna Halliday, Mary Hamilton—and her participation in conferences of the American Camping Association from 1923 on, made her the right person to initiate and become first editor of the Canadian Camping Bulletin (February 1949, and remained such until April 1953. The Bulletin has evolved into this Magazine.) The contents were what she wrote herself or could inveigle people to produce by inviting them in to tea. Realizing that the written word was the best means of coordinating the diversity of Canada, she put much effort into editing the Bulletin. Recently she furthered this by establishing a trust fund for publications of the Canadian Camping Association. Writing and editing and speaking were her most natural contributions to Canadian Camping. She also filled roles on the executive and as President of the Ontario Camping Association. However, being a bit impatient with the slow progress of committees and finding constitutions and annual reports deadly dull, she accepted such positions more as duties than as honours. She was made Honorary President of the Canadian Camping Association in April 1960, and she conveyed her vision of Canadian camping as a national enterprise to all who came within her ken. Her last public

address was, appropriately, at the National Camp Directors and Camping Standards Workshop at Geneva Park last February. She said, "Many of you have come from far distant parts of our country and it is a special privilege for me to see you and to realize what the Canadian Camping Association has come to mean in this country. . . I don't know whether you realize how fortunate you are in just having the Canadian Camping Association." She concluded by reading three of her own poems and at the end said, "I share with you my very favourite quotation:

*To the worker who can dream  
And the dreamer who can work,  
Life surrenders all things."*

There was a standing ovation. That was Mary S. Edgar.

There is much more that could be said. Miss Edgar as writer—her books *Woodsmoke and Candlelight*, *Under Open Skies*—and her participation in the Canadian Authors Association. • Miss Edgar as superb story teller. • Her wealth of experience as world traveller; she visited Japan for four months in 1920. • Her friendship with Indians—Pauline Johnson was her great idol—she brought the best of their traditions into her camp and used them with respect. • Her involvement in service clubs and church and other groups. (We could hardly visit her without buying an apron, or a pot holder or a bridge tally she had made to raise funds for some good cause.) • Her interest in her old school, Havergal, of which she was an honorary trustee. • Her pleasures, as an artist in oils in which, on occasion, she substituted shoe polish when the white paint ran out! • Her skill as a superb hostess at parties which always had a magic touch and games with prizes for all. • Her life as a family person with tremendous interest in her ever-increasing number of grand nephews and nieces. She was so pleased that her nephew and his wife, the John Gilchrists, took over her Glen Bernard in 1955. She was happy to celebrate its fiftieth year and ecstatic with the party John and Barb gave for her many campers, friends, relatives and camping associates on the exciting occasion of her 80th birthday. Mary Edgar lived life to the full and found it good.

In the last years, my most frequent contacts with Miss Edgar were about her manuscripts. She would phone and say, "It's Mary Edgar speaking. I have just finished my stories about our lives as children. Would you read them and tell me what you think?" In August, when I last saw her at her cottage in Sundridge, she said, "I have had a little stroke in my thumb. You see, I wore it out with all my writing." Then she added, "but I can't make it write now." I suggested that in the fall I would bring in a tape recorder and take down what she had to say. This cheered her up. Well, the tape recorder will not be used. But much that is already written must come out. This is a challenge to the Canadian Camping Association.

It was proper that the Glen Bernard camp hymn Mary Edgar wrote in 1924 was sung at the funeral. It is appropriate that she is buried at Sundridge near the lake around which were her home, her community and her camp. From that lake, from the hills, from the sky, softly sounds:

*"All is well  
Safely rest  
God is nigh."*

Mary L. Northway



# What is a (Good) Counsellor?

Somewhere between adolescence and adulthood there occurs in human development an age which is physically and psychologically impossible. It is that unfathomable stage known as the camp counsellor, a creature undefined by psychologists, misunderstood by camp directors, worshipped by campers, either admired or doubted by parents, and unheard of by the rest of society.

A camp counsellor is a rare combination of doctor, lawyer, Indian and chief. He is a competent child psychologist with his sophomore text-book as proof. He is an underpaid babysitter with neither television nor refrigerator. He is a strict disciplinarian with a twinkle in his eye, a minister to all faiths with questions about his own. He is a referee, coach, teacher and advisor. He is the example of manhood in wornout tennis shoes, a sweat shirt two sizes too large and a hat two sizes too small. He is a humorist in a crisis, a doctor in an emergency, a song leader and entertainer. He is an idol with his head in a cloud of woodsmoke and his feet in the mud. He is a comforter in a leaky tent on a cold night and a pal who has just loaned someone his last pair of dry socks. He is a teacher of the out-of-doors, knee-deep in poison ivy.

A counsellor dislikes reveille, waiting in line, inspection and rainy days. He is fond of sunbathing, water-skiing, teaching new games, nights off and days off. He is handy for patching up broken friendships, bloody noses and torn jeans. Good at locating lost bathing suits, fixing paths, and running from bats; poor at crawling out of bed on rainy or other mornings, remembering the salt and getting to bed early.

A counsellor is a friendly guide in the middle of a cold, dark wet night on the windy trail to the cabin or overnight site. He is a dynamo on a night off and exhausted the next day but recuperated in time for the next night off.

## Reflections for Parents, Teachers, Camp Directors and Staff

*If a child lives with criticism,  
he learns to condemn.*  
*If a child lives with hostility,  
he learns to fight.*  
*If a child lives with pity,  
he learns to feel sorry for himself.*  
*If a child lives with jealousy,  
he learns to hate.*  
*If a child lives with ENCOURAGEMENT,  
he learns to be confident.*  
*If a child lives with PRAISE,  
he learns to be appreciative.*  
*If a child lives with ACCEPTANCE,  
he learns to love.*  
*If a child lives with RECOGNITION,  
he learns to have a goal.*  
*If a child lives with FAIRNESS,  
he learns justice.*  
*If a child lives with HONESTY,  
he learns what truth is.*  
*If a child lives with FRIENDLINESS,  
he learns that the world is a nice  
place in which to live.*  
*Whatever our campers live with,  
that will be our contribution to  
their total experience.*

— Anonymous

## A GRACE

*To the Creator of the earth, the sea  
and the sky,  
who looked upon all that was made  
and pronounced it good . . .*

*For the good land in which we live,  
the food on our tables,  
and our friendship around them . . .*

*We give thanks, together.*

—John G. Edwards  
Youth Resources  
Vancouver, B.C.

Who but he can cure homesickness, air out a wet bed, play 16 games of pickup sticks in succession, be a monster at a house of horrors, carry two packs, speak Pig Latin in French, cook on a hike, sing 48 camp songs every night and eat four helpings of Sunday dinner?

A counsellor is expected to repair 10 years of damage to Tommy in 10 days, make Jerry into a man, rehabilitate Paul, allow John to be an individual and help Peter adjust to the group. He is expected to lead the most prized possessions of 12 adults much older than he. He is expected to lead them in fun and adventure . . . even when his head aches; to teach them to live in the out-of-doors . . . even though he spends nine months a year in Moncton, Ottawa or in Vancouver; to teach indigenous activities . . . when he can't even spell the word; to guide youngsters in social adjustment . . . when he hasn't even reached legal age; to ensure safety and health . . . with a sunburned nose, a Bandaid on his thumb and a blister on his heel.

For all this, he is paid enough to buy the second text in Psychology, some aspirin, some new socks, pay his tuck bill and live on nights off. You wonder how he can stand the pace and the pressure. You wonder if he really knows how much he is worth. And somehow, you realize you can never pay him enough when, as he leaves at the end of August, he waves goodbye and says "see ya next year!"

—Anonymous—



# WINTER WILDERNESS SURVIVAL

by Mors Kochanski

*Freelance Instructor in Survival and Wilderness Living*

More people than ever before are becoming interested in winter camping. As a result, more and more inexperienced people, unwittingly or otherwise, are entering into an environment which has a very stern and exacting code.

Those individuals, untaught and unprepared in wilderness ways, should have little trouble surviving in the summer bush as long as panic is controlled, because a person of average health can last four days without water and ten times longer with unlimited drinking water. It is the cold that makes the difference because, in general, the cold may allow an hour of survival for each day of survival in the summer. Before venturing forth into the winter bush you must know the appropriate survival techniques and be adequately prepared. "Prepared" means carrying matches and an axe with a handle at least 28 inches long and a head at least 3 lbs. in weight. If you are reasonably clothed, you are ready to deal with an emergency as severe as falling through the ice at 30° below zero. In this article, fire making and shelter building will be described in considerable detail, a shortcoming commonly found in most articles on winter survival.

## FIRE MAKING

The moment one realizes he is lost or will be detained in the cold, a fire takes *first priority*. After an accident or airplane crash, where the onset of shock can be expected, cold can stiffen the body and hands very fast. Building a fire to keep warm is much more logical than building one to thaw out. Statistics indicate a surprising number of people have perished from exposure because cold hands made the opening of the match container an impossibility. BUT carrying matches is not sufficient . . . their use must be mastered and this means practice. Indeed, the information in this article is of little value if untried. A false confidence will prove dangerous.

Generally, it is not difficult to find *kindling* in the winter. The thin, dead twigs found on most trees are quite dry. Gather a large handful and squeeze as tightly as possible into a compact bundle. This bundle can be laid down and lit, as illustrated in Figure 1, or, in more adverse situations, the bundle can be held inside a coat and protected by the body until it is well lit. When laying it on the ground, manipulate it so as to get the maximum effect of the match flame.

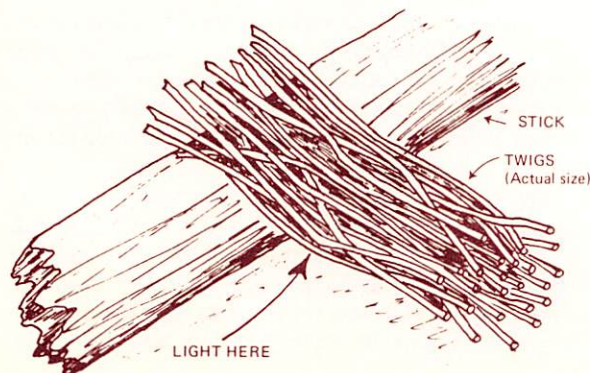


Fig. 1

If there is snow on the ground prepare a *platform* first by laying down a few larger sticks or a piece of bark. As soon as the finer kindling is alight, place a handful of pencil-thick twigs on the flame and gradually add larger material. If the twigs seem at all dampish use two or three matches at once.

If time and opportunity allow, the fire should be made under a fallen tree that is suspended above the ground. The log becomes a source of fuel and, when it burns through, the free end can be added to the fire.

Whenever possible, *tinder* is used to augment the power of the match flame. One can use grass, old man's beard, birch bark, the inner papery bark of old dead black poplar or pine needles that have turned slightly red in colour. In fact, pine needles are much like birch bark in combustibility in that the resin in them does not allow moisture to penetrate the needles. Soaking wet needles can be shaken thoroughly dry, and, if held in a fairly tight bundle, will ignite with some coaxing. Practice is mandatory to acquire the skill of using pine needles as kindling or tinder.

With varying degrees of effort one can get by without an *axe*, but without one the word "survival" may be rightly used. With such equipment the situation is eased and is even more so if a *knife* is carried. Far less time and effort is required to gather fuel and build a shelter so an axe can significantly change the odds in your favour. For example, if you broke through ice at 30° below zero, you could chop kindling and firewood and have a fire going before the effects of wet and cold reached a dangerous point.

With an axe and knife, you can produce tinder and kindling without the necessity of looking for it. A tree, six inches or so in diameter, is chopped down and cut into sections, two of which should be a foot and a half long and relatively free of knots. The remaining sections can be of arm span length, for convenience of handling. Chopping firewood into stove-wood lengths is an unnecessary expenditure of energy. The foot long sticks are slit into boards one half inch or less thick and two or three inches wide. Thin long shavings are cut with a sharp knife to produce a "fuzz-stick" as illustrated in Figure 2. At the end of each cut, bend the shavings away from the stick by twisting the knife outward.

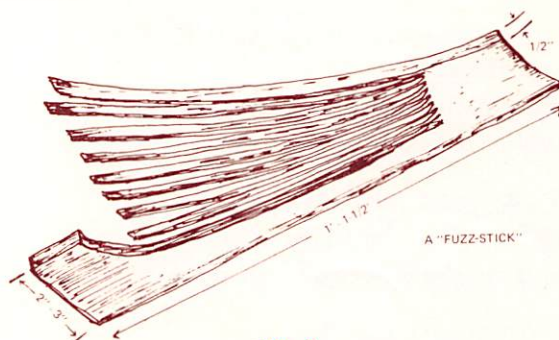


Fig. 2

Make at least six fuzz-sticks and stack them on a section of log as illustrated in Figure 3. The teepee method is not recommended as it is not very stable and it does not provide as much protection for the match flame.



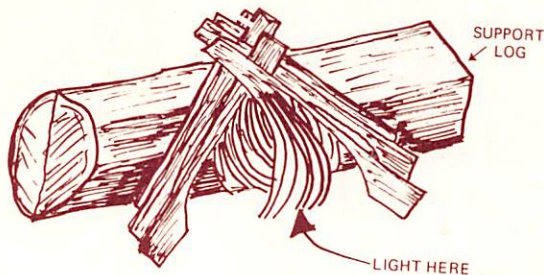


Fig. 3

## THE REFLECTOR

For the most warmth a fire has to be built in a sheltered area against some object such as a bank, rock, or a wall of logs to direct the heat in one direction. If an axe is available then the wall of logs, known as a "reflector", can be easily constructed.

A fire in an open area has radiant heat emanating in all directions. With a reflector, a considerable portion of this radiant heat can be reflected in *one direction*, thereby utilizing the fuel more efficiently.

The reflector about to be described has been evolved through considerable use and experience. Built properly, it is somewhat like a large fireplace in respect to the amount of heat and light it throws.

If it is not very cold, the reflector is built of green logs so that it lasts longer. A commonly available slow-burning green wood is black poplar (*Populus balsamifera*). Logs, 10 to 12 inches in diameter, should last the entire night. The colder the weather, the more massive the reflector should be. If the weather is very cold, then the reflector may be built of dry logs, which become a source of fuel themselves and their burning surfaces throw off a rather intense heat. This type of reflector has to be rebuilt every four to six hours.

If very large logs are used, a reflector three logs high is adequate. With smaller logs, a reflector four logs high is more satisfactory in performance. Figure 4 illustrates the way the reflector is built.

A simple measure for the length of log used is the arm span from fingertip to fingertip. For more stability the logs may be flattened, which should be done before the tree is cut into sections. With the three log reflector, this is generally not necessary as the brace log will adequately hold these logs in place by sheer weight.

The reflector wall is built vertically. Note that the fire is built against the reflector for maximum effect.

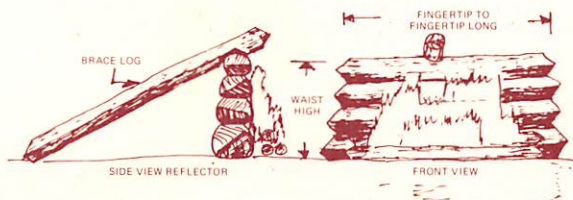


Fig. 4

The reflector must be built parallel to the wind. The wind direction may vary 15 degrees or so either way, but it must blow across the face of the reflector to properly carry away the smoke and sparks. It is not the heated air that keeps you warm; instead it is the heat radiated from the fire, in the same way you feel the heat of the sun.

Once a good fire is started, any fuel, be it damp, inferior, or green, will burn fairly well if at least three logs are stacked on the fire in close contact with each other. In this way, a reflective action and heat concentration is created between the logs and, as long as they are kept in close contact, the greenest of logs will burn.

The best cooking and heating wood is willow (*Salix* species), but, unfortunately, it is seldom found in any large diameter and, as such, is poor for stoking a long burning fire. The next best wood is white poplar (*Populus trembluoides*) which can grow very large and burns well, dry or green, if treated as outlined earlier.

It is advisable to avoid using swamp or black spruce (*Picea mariana*) as fuel. It produces a penetrating, acrid smoke, giving clothing and equipment a very strong smoky smell. It irritates the eyes and lungs. It is insidious in the way it throws out sparks, often to a distance of 10 feet or more. This is a very real hazard since it may mean the loss of clothing or equipment, besides the discomfort of being burned.

On occasion other conifers may exhibit the same spark throwing tendency that black spruce displays. If this ends up in the reflector fire, one expedient is to put other logs on top of it or rearrange the logs on the fire so that the offending log is buried.

If at all possible, stockpile fuel during daylight. A fire of this nature uses a surprising amount of fuel. A rough rule is to collect what one thinks should be adequate, then double, or better still, triple the amount and it may last the night. Before retiring, the kindling for the next fire should be prepared and stored in a dry place.

## SELECTION OF SITE

When the prospect of staying overnight is real, look around to appraise the area as to its suitability. This is a point often neglected. With very little effort a very adequate place can often be found. A perfect site would fulfill the following points:

1. Safety: Are there trees that may fall? rocks that may roll? any possibility of an avalanche? Floods, poison ivy, ticks and snakes may be of concern to you in the summer. Muskeg should be avoided because it provides a very poor base for fire building and presents the danger of ground fire.
2. Availability of good fuel in adequate amounts.
3. Availability of shelter building materials, the most common being spruce boughs and poles.
4. Natural protection: Heavy growths of trees; Protected valleys with a southerly exposure.
5. Visibility to searchers, if applicable: On lake shore or river bank or near big clearings.
6. Availability of game, generally rabbit runs.
7. Availability of natural foods: Some areas may have an astonishing amount of useful edible materials and others may be as astonishingly barren.
8. Water: With snow on the ground, this is more of a convenience rather than a necessity. In summer, this would be second only to safety.

It would be very unusual, of course, to find all of these features in one site. However, it is useful to know what to look for and, hopefully, a site satisfying the first three points is easily found.



## SHELTER

A good shelter will break the wind and trap the radiant heat from the fire to provide a reasonably warm, dry area in which to work, rest, and sleep.

The ground upon which the shelter is to be built should be fairly level and as free from snow as possible. If there is any slope at all, it should be down towards the fire, but only gradual so that, if you are sleeping parallel to the fire, you will not roll into it. Generally, good sites can be found near the bases of tall spruces with large overhanging boughs, which offer considerable protection from above.

In conjunction with the reflector fire, one of the more tried and favoured shelters is the simple, open-fronted lean-to. Both the lean-to and the reflector are oriented parallel to the wind. See Figure 5. The ridge pole of the lean-to, as a general rule, is one large pace from the face of the reflector. In very cold weather this could be brought in a foot or so closer according to need.

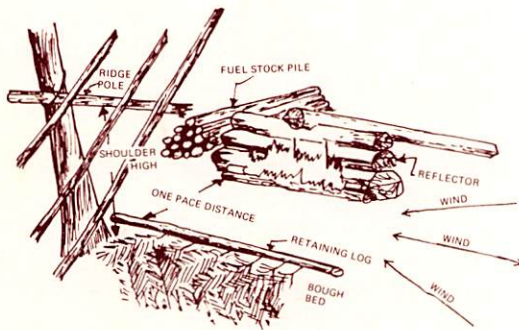


Fig. 5

The ridge pole of the lean-to should be sturdy and sound so as to easily bear the weight of the poles, boughs and banked snow used in building the shelter. The ridge pole can be supported between two standing trees, two tripods or a tree and a tripod. The last mentioned is the favoured method as the tree provides stability and the tripod allows for ease in rearranging the shelter, should there be any considerable wind shift after the shelter is built. For the convenience of handling and providing a convenient height to work and live under, the ridge pole is erected shoulder high above the ground. Sound poles are selected to make the tripod. To determine the point at which the lashing should be placed, stand one of the poles upright then grasp it as high as possible. This is where the tripod is lashed. The legs of the tripod are spread wide enough apart so that the ridge pole placed on it comes down to shoulder height. The other end of the ridge pole can be lashed or propped up with a stick. In either case, the ridge pole is on the same side of the tree as the back of the shelter. If no lashing material is available, a serviceable cord can be twisted from the grass found near the bases of smaller spruces.

Next are the poles at the back of the lean-to. Dry poles can be gathered without the use of an axe. They are limbed by being run back and forth between two closely spaced trees. These are leaned against the ridgepole at an angle of about 45°. When using boughs, the poles are spaced at roughly eight inch intervals. The sides are also closed, as shown in Figure 6.

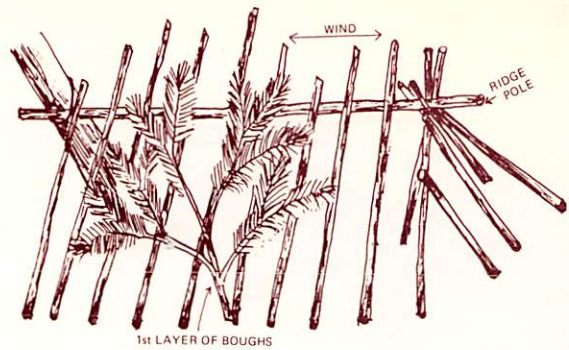


Fig. 6

Finally, the boughs are laid on. A layer of about six inches is required so that it is thick enough to support the snow banked on it and to prevent the heat of the fire from penetrating, thus melting the snow.

The first layer of boughs is composed of the biggest boughs available, set down stem first. These boughs assist in holding up the smaller boughs that are laid on next. The remaining boughs are now laid on, stems up and undersides up, because experience has shown that this provides the maximum shedding effect.

## THE BED

Spruce boughs can be used to make a passable bed. A layer, three inches in thickness, is sufficient when a sleeping bag is available. A six inch layer of boughs would be more appropriate when one has no such equipment. The layer of boughs provides a comfortable area in which to lie down and offers protection from the natural cold and damp of the ground. The bed need not be made full length since only the area from the head to the hips needs all the insulation. The legs require only enough boughs to keep them from contacting the ground.

In very cold weather, the boughs can become very brittle and should be heated so that the needles do not break off. The bough bed, like the shelter, can be made without an axe.

The boughs are laid down in a herring-bone fashion with the tips crossing at least six inches or so from the ends. The boughs are laid down the same way they came off the tree, as close examination will reveal this to be the most efficient way of utilizing the bough for springiness. The stems are placed to the outside where they are least apt to be laid upon, as shown in Figure 7.



Fig. 7

For the first two or so layers, the coarser boughs found at the bottom of spruces can be used. The stems should be no more than a thumb's thickness. If the stems are overly long, they add little to the comfort of the bed and should be broken off. The last two layers should be no thicker at the stem than the little finger. Finally, the smaller, shorter branches of pencil thickness are incorporated into the bed by jamming in the ends wherever needed, thus giving the maximum springiness. Usually the stems at the edges will



curve upwards. If small logs are laid on the edges to hold these stems down, it will be noticed that the centre of the bed rises slightly, again for a little added springiness. Also the log nearest the fire prevents you from unconsciously rolling into the fire while you sleep.

## FOOD

During the summer, in the greater part of wilderness Canada, one can find numerous edible plants and berries but their availability is drastically reduced in the winter time. However, there are a few standbys, meager as they are, that could be very significant in alleviating hunger pangs and extending survival time.

Most worthy of mention are rose hips (*Rosaceae* species), the fleshy receptacles of the rather stony seeds of certain types of roses. There is no way that these can be mistaken for any other plant. These rose hips, which have considerable food value, can be eaten directly (which is advisable) or collected and perhaps boiled in water to make a sort of "rose hip" soup.

The next most useful and easiest to find are the berries of the Wolf or Silver Willow (*Elaeagnus commutata*). This is a shrub or small tree that is easily recognized by its silvery appearance. The silvery edible fruit contains a bead-like stone. The edible fruit which is dry, mealy and insipid may take a short while to get used to.

Another plant whose berries often remain attached to it throughout the winter is the low bush cranberry (*Viburnum edule*). The berries are very tart, but refreshing.

There are other berries that may be utilized in the winter; these have to be looked for under the snow and may, at times, require some luck to find easily.

The easiest to find, because it is so common, is bearberry, sometimes known as kinnikinnick (*Arctostaphylos uva-ursi*). The berry is somewhat mealy and flavourless. Very often, in close association with bearberry, is a bog cranberry that prefers dry bogs and coniferous forest and has the Latin name *Vaccinium vitis-idea*. When stepped upon the berry stains the snow a bright red.

While looking for berries under the snow, one should take every opportunity to gather the two varieties of Reindeer moss, *Cladonia rangifera* and *Cladonia alpestris*, as well as the lemon lichen (*Peltigera aphthosa*). The whole plant of the reindeer mosses is used while only the part with the white under edges of the lemon lichen is used. These are boiled and the water changed, at least three times, otherwise these lichens are strongly purgative.

## SNARING RABBITS

With little or no plant food available, one would have to resort to the catching of game.

The following is one method of snaring rabbits with brass snare wire. The snare wire could be replaced with string or cord made stiff with saliva.

To make the snare loop, measure out a length of wire the length of one's hatband (by wrapping around the head). The wire is then doubled because a single strand is easily broken by a rabbit. About the last inch and a half of wire make a small eye, the diameter of a pencil. Confine the wrapping to within a quarter inch of the eye. The reason for this is that if the wrapping is carried down, the noose formed will not close tightly enough to choke the rabbit. The noose is

made about four and a half inches in diameter, or the diameter of a half pound tobacco tin. If the loop is too large, the rabbit will put his forepaws through the noose and be caught by the waist, invariably breaking the wire by flexing it. If the noose is too small, the rabbit will push it aside.

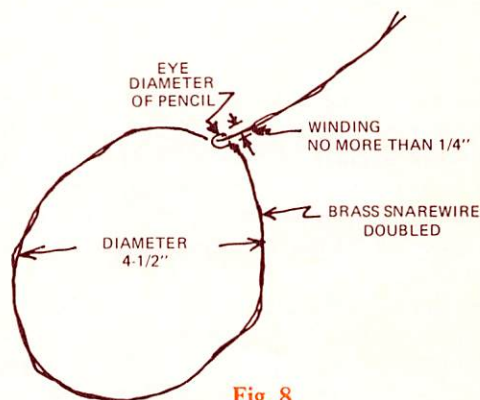


Fig. 8

The snare is now attached to a drag which is a light stick about four feet long. The length of wire between noose and drag is the space of two fingers. To properly secure the wire to the drag, a turn has to be taken inside as illustrated in Figure 9, or it has a tendency to work off easily.

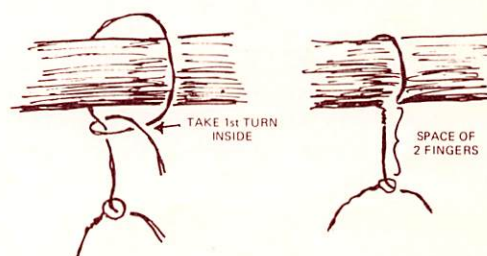


Fig. 9

The drag is not intended to be jammed into the ground. If it is made immovable the snare wire is apt to be broken very easily. A snared rabbit will eventually choke as he drags snare and drag along. In fact the weaker the wire, the lighter the drag. Instead of a stick, a small branchy spruce can be used but the rabbit will travel further before choking.



Fig. 10

The drag is poked lightly into the snow or propped up at an angle, as shown in Figure 10, so that there is a space of four fingers between ground and snare. Figure 11 illustrates a rabbit run and how the snares are set out in it. If six snares have been made, they are utilized in the following way. Rabbit runs generally have a sort of "grain" to them. That is, most of the paths may run in more or less the same direction. Snares are set across this grain at a, b, d, e, f and h. At c, g and i the poorer runs are blocked off to discourage rabbits from using them.



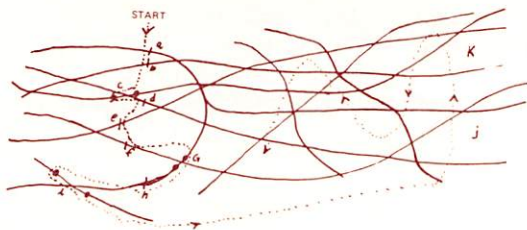


Fig. 11

One now walks some distance from the snares to j or k and a commotion is made to drive any rabbits into the snares. A check is made of the snares. If you are lucky, there may be a rabbit or two already caught within an hour of the snares being positioned. Another alternative is to leave the snares up overnight. Snares should never be left unattended or abandoned.

A rabbit can be dressed without any tools as the skin tears off fairly easily. A sharp rock is adequate to cut through the tendons of the legs. If the rabbit is skinned in such a way that the hide comes off like a tube, the skin can be used as emergency mitts. If a rabbit looks unhealthy, it may have tularemia (a rare condition in the wintertime). If the meat is to be utilized then care must be taken not to handle the rabbit with the bare hands if there are cuts or scratches present, in which case, gloves should be worn. If a rabbit looks very unhealthy, discard it altogether.

The most efficient way to cook rabbit is to boil it and not discard the water it was boiled in. If no pot is available the rabbit may be roasted in front of the reflector. The rabbit is cut up into convenient pieces, placed on sharpened sticks and propped up, not over the coals, but to one side. Here again, it is not the smoke nor flame that does the cooking but the radiant heat.

## ON BEING LOST

### One's State of Mind —

There are a number of predictable things that may happen to the person that is lost . . . the overwhelming realization that one is entirely on his own, the lack of food with the resulting intense hunger pangs, the unrelenting cold, the fear of the unknown. Some people react to this with instant panic and often perish within a day or two. Others come down with deep depression, which often virtually results in suicide. Many more would likely have weathered out this rough period of time if they had realized their mind and body needed time to adjust. Their greatest asset at that moment was time and the situation could best be handled by "hibernating" rather than frenzied activity. Hunger pangs soon subside as the stomach shrinks and the body begins drawing on its resources. The body has an almost unbelievable capacity to adjust to cold, if its onset is not too sudden or severe. The inevitable depression shortly subsides and the mind clears and the body automatically begins to make the appropriate adjustments for survival — providing the mind does not knock it off balance. Once you lose your will to live, the inevitable will happen.

### Clothing —

If you can keep yourself dry and warm, especially at night, life outdoors can be comfortable. You must have adequate clothing, footwear and headgear to meet the conditions you may encounter. Clothing is extremely important in terms of exposure. Wool clothing against the skin is

recommended as it has the feature of being warm even when wet. Four layers of wool will come close to meeting the most severe conditions.

### To Avoid Exposure —

Exposure is the condition where the body's temperature drops below normal and is usually brought on by a combination of cold, wet and wind. A wet body, whether from sweating, rain, or falling through the ice, loses heat rapidly. Wet clothes have about one tenth the effectiveness of dry clothes in a wind. A particularly insidious condition is deep, soft, wet snow. To move through it takes a great deal of exertion and soon every part of the body in contact with it is wet. Body heat can be conducted away from the legs quite rapidly. The best cure for exposure is not to let it happen. The moment you realize that exposure is starting, stop, light a fire, get warm and dried out.

### What to do

Before you enter the bush be sure you have matches, a serviceable pocket knife, a small compass and some high energy food.

In winter, when you encounter a survival problem, your first concerns, in order of importance, are fire, shelter and water.

The best plan may be to stay in one place and wait for rescuers. Prepare for an overnight stay. When disoriented, it is advisable to remain in one place until directions are re-established. If you move, mark your trail so that those looking for you will know where you went. It takes an average of five days for a search to get underway when someone realizes that you are missing.

Listen for shouts, whistles, rifle shots and low-flying aircraft. If you have any means of signalling, *three* of anything is your signal indicating your distress. Anyone answering your signal will use *one* of anything. *Two* of anything indicates, "please answer with one of anything so that a bearing can be taken on your location." Once you have signalled your distress and have received an answer, stop moving immediately. It is exasperating to searchers to have to pursue the person they are looking for.

Signal aircraft with a good smoky fire which should be kept going during the daylight hours. Build three fires or construct the figure 'X' to signal your distress. Flash aircraft with mirror or reflective surface.

Consider time to be on your side. You will have lots of it. Place a heavy emphasis on never tiring yourself. Always look for a more relaxed way of doing things. If there is really nothing to do, then take the opportunity to relax. Rest at least ten minutes every hour. You must avoid fatigue. Take time in making your decisions — remember to use your head before you use your feet.

As the bush is neutral, neither for nor against you, it will be up to you what you get out of it. Nature will provide considerable means for survival so look upon it as a friend. Do not worry because it accomplishes nothing. Do not worry about what you haven't got. There is always a way to get by.

If it is all you have, drink lots of water, preferably hot. This extends survival time considerably.

**Always remember — the bush is neutral, but it can be very stern and exacting towards those who venture into it unprepared.**



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# *Alta R. Kahn*

## *Honorary President*

### *Quebec Camping Association*

On May 23rd, 1973, the Executive Board of the Quebec Camping Association, English Section, was proud to honour Mrs. Alta R. Kahn, who has served wholeheartedly, in various Executive positions, towards the success of the Camping Movement in the Province of Quebec.

Following is the tribute paid to Mrs. Kahn on that happy occasion:

Mrs. Kahn is presently a member of the Executive Committee, QCA English Section; Chairman, Standards Committee, QCA English Section; Co-Chairman, joint English and French Sections, Standards Committee, QCA-ACQ Provincial Board; Member, National Standards Committee, Canadian Camping Association; former President, QCA English Section; former President, QCA-ACQ Provincial Board.

All organizations have their shining lights whose names go down to posterity. However, few can boast of an octogenarian whose contribution to their cause is as outstanding now as it was twenty-seven years ago. No name in the English Section of the Association could be more admired or respected than that of Alta R. Kahn.

Mrs. Kahn began her camping career with the Quebec Camping Association in 1946, and immediately became an active member. Fully realizing the herculean task confronting the Association, she put her stout heart and her imaginative soul into every undertaking.

As far back as 1958, she was Chairman of the joint Quebec Camping Association and Canadian (National) Camping Association Conference. Her foresight and adventuresome spirit soon gave a new dimension to an Association bursting with the enthusiasm necessary to stride ahead. During her tenure of office as Conference Chairman, Mrs. Kahn courageously suggested that the Quebec Camping Association celebrate its 'coming-of-age' party by holding, for the first time, its Conference in a hotel. Success accompanied her all the way!

From 1959-60, when inspection of camps and accreditation were in the pioneer stage, Mrs. Kahn acted as Co-Chairman of the QCA Standards Committee. In the ensuing years, her tireless energy and unusual ability to solve any problem were responsible for considerable progress in QCA Camp Standards. Thirteen years later, as Co-Chairman of the Standards Committee, QCA-ACQ Provincial Board, Mrs. Kahn is still working diligently to see standards improve and accreditation have the greatest significance possible. In order to cooperate with the French section, she assisted greatly in the establishing of Standards in the French-speaking Camps. It may well be attributed to Mrs. Kahn that she has the unique and infinite capacity to cope with any task in which she is involved.



From 1960-62, Mrs. Kahn was President of the English Section of the Quebec Camping Association, and an Executive Member of the Canadian Camping Association. During this term of office, she was a major contributor to the realization of the founding of the Provincial Board (coordinating body of the English and French Sections), and served as the Board's second President from 1963 to 1965. It was through Mrs. Kahn's efforts that the Quebec Camping Association finally secured its Provincial Charter in 1961. Her keen mind seems bent on bettering any cause involving education and progress.

We would like to note here a few of Mrs. Kahn's personal accomplishments:

- 1908: first Jewish teacher to graduate from Macdonald College, after which she taught for five years.
- 1909: became active in Zionist work and in the first Campaign of Federation of Jewish Charities.
- 1918: one of the founders of Montreal Hadassah and, in 1924, wrote a pamphlet on its origin and development.
- 1920: organized first Junior Hadassah Chapter in Canada.
- 1921: organized Senior Chapter Hadassah in St. John's, Newfoundland.
- 1924: organized University Chapter Junior Hadassah.
- 1928-1930: Vice-President, Eastern Division of Canadian Hadassah.
- 1931-1933: Chairman of Education, Canadian Hadassah.
- 1936-1945: Executive Director, Young Women's Hebrew Association.
- 1946-1949: Executive Secretary, Jewish Community Camps (B'nai B'rith, Jewish Laurentian Fresh Air and Wooden Acres).

During her years as Executive Secretary, Mrs. Kahn instituted many new projects, including the first Pre-Camp Training Programs for Staff. Whether planning programs or working with camps, Mrs. Kahn's energies have no limitations. She is bounded on all sides by action and the tenacious will to see improvement satisfactorily made before moving along to another challenge.



## Alta R. Kahn

Tonight, it is with deep pride and great pleasure that the members of the Quebec Camping Association, English Section, appoint Mrs. Alta R. Kahn Honorary President, the first Honorary President in the history of the Association. The contribution she has made to the Camping Movement in Quebec will always inspire those of us who enjoy the privilege of associating with her. In an unassuming manner, typical of Mrs. Kahn, she will continue to be a guiding light to QCA as it strives to meet the challenges of the future. ■



LETTERS TO THE EDITOR

Dear Editor,

It is with great pleasure to have the opportunity of writing to you in the hope that you would be pleased to accept our request regarding pen pals for us.

Please allow me to introduce myself at first. I am in the last grade (12th Grade) of a noted high school in Seoul, Korea, and acting as a chairman of Seoul junior students social service corps.

Our corps consists of about 2,000 junior and senior high school girl and boy students in Seoul. It was established under the following slogan of, "Let's become a wholesome social being", under some teachers' guidance.

We are now doing our best to be a wholesome social being in the future through such various projects as traffic control in rush hour, beautifying the metropolis and the campaign for the frugal life, etc. Therefore we have wanted to know and been much interested in foreign students way of thought, school-life and life-style, so that we may develop new idea for our life. So the overseas pen pals have become the center of interest of us for a long time. It is all the reason why I am now writing to you as a representative of our members. We are very anxious to seek for the foreign students who would like to correspond with us. We really want to exchange friendly letters and friendship with foreign students beyond the border.

We surely believe you will never turn away your face about our simple and keen wish and will be pleased to help us. We would appreciate it very much if you publish it in your precious column, so that the students can read my letter of appeal.

We need the following information of the students who would like to correspond with us: **name, address, age, sex, hobbies and other remarks.**

We really hope to receive the letters as many as possible from the students in your country and you will understand me, if I make any mistakes as I am a baby in English.

Await the arrival of good news from you in the near future.

Best wishes and happiness to you.

Lovely Yours,  
Mr. Kim, Min-hong  
Seoul Junior Students  
Social Service Corps  
P.O. Box 60, Seoul, Korea.



# OUTDOOR COOKERY



## SALMON WIGGLE

- ¼ cup butter
- ½ cup flour
- 3- 10 oz. cans cream of mushroom soup
- Salt and pepper
- 3- 1 lb. cans salmon
- 2- 14 oz. cans peas
- 2 onions

Melt the butter. Sauté onions until golden. Blend in flour. Add mushroom soup. Stir to prevent lumps. Drain peas and add peas to mixture (save liquid). Add salmon. If too thick, add some of the liquid from the peas. Salt and pepper. Heat thoroughly and serve on toast. Serves 18 - 20.

## CHEESE POTATOES

Cut 3 large, peeled potatoes in ¼ inch lengthwise slices. Spread out on a 20" length (double thickness) of foil. Sprinkle with salt and pepper and plenty of grated cheese. Overlap potato slices, dot with butter. Bring edges of foil together — leave a little space for expansion of steam. Seal well with a double fold. Bake 35 - 40 minutes or until potatoes are soft and done.

## HAWAIIAN ORANGES

For each serving, peel an orange and separate into sections. Put each sectioned orange on a double thickness of foil. Sprinkle generously with brown sugar. Add a dash of cinnamon and a tsp. butter. Wrap securely in foil. Cook on grill 12 - 15 minutes.

## PEANUT BUTTER FRENCH TOAST

Butter 2 pieces whole wheat (or other) bread. Spread thickly with peanut butter and form a sandwich. Dip in beaten egg. Fry on greased griddle until the bread has browned. Serve with syrup and bacon or sausages.

## FISH IN FOIL

- 2 or more fish fillets
- 1 tblsp. lemon juice
- 1 cube melted butter
- ¼ tsp. salt

Combine in a skillet all ingredients except the fish, and bring to a boil. Let the mixture cool, then marinate the fillets in this for about an hour. Wrap each fillet in heavy-duty aluminum foil. A double wrapping is best if the fish is to be cooked directly on the coals. Put the wrapped packages on the grill, or on the coals, for 15 to 20 minutes, depending on the thickness of the fillets and the heat of the fire. Open and serve.

## HUSH PUPPIES

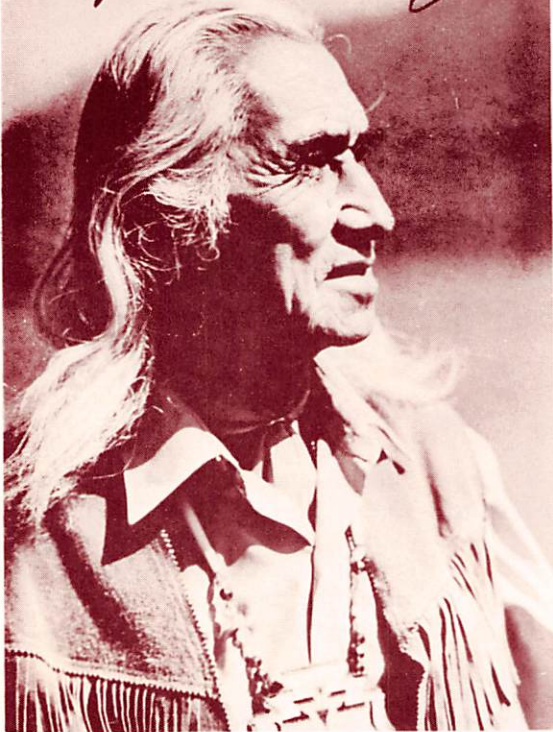
- 2 cups corn meal
- 1 cup flour
- ½ tsp. salt
- 2 tsp. baking powder
- 1 large onion, chopped fine
- 4 tblsp. bacon fat

Combine all ingredients and work in enough water to make a stiff dough. Roll into small balls or into lengths about half the size of your large finger. Fry in the fat with the fish until they are golden brown. Drain on absorbent paper and serve hot with fish or meat.

*Editor's Note: The above recipes are among many in the cook book entitled "Cookery for Kids, Kamp 'n Kicks" by Helen E. Stewart.*



*To all campers of Canada  
Chief Dan George*



## CHIEF DAN GEORGE

The cry of a loon followed by the softly spoken words . . . .

*"To set up camp beside a lake or stream,  
to know the freedom of the winds,  
the dancing of the sun on the water,  
it makes my heart soar like an eagle."*

was my first introduction to Chief Dan George. This radio message was the forerunner of inviting the public to the Toronto Camping Show. And it was there I had the distinct pleasure to meet him. I told him about the many campers across Canada and our keen interest in Indian Lore and "To all campers of Canada" was how he inscribed his photograph.

Honorary Chief of the Squamish and Shuswap Indians, this British Columbia Indian won a nomination for an Academy Award for his role as Old Lodge Skins in Arthur Penn's "Little Big Man". Chief Dan George is the product of twenty seven years as a longshoreman until a near fatal injury diverted him into show business. He was recently awarded the prestigious Human Relations Award by the Canadian Council of Christians and Jews for his work on behalf of the Indian people.

When I left him, I carried away with me the impression that Chief Dan George was a gentle man and a true product of his mighty race.

*Helen Stewart*

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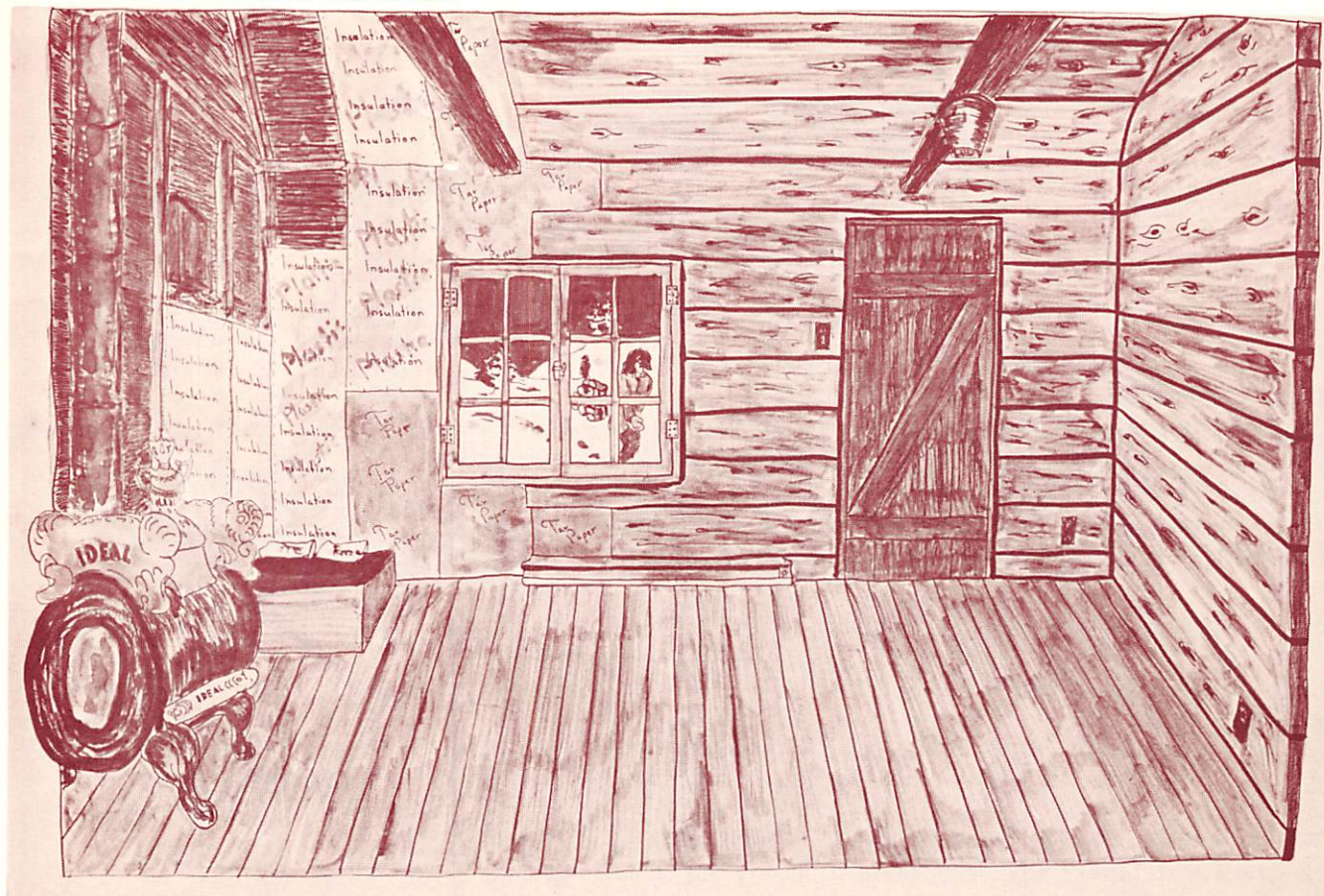
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## extend your season by WINTERIZING

by Brian Blackstock  
*Camp Mazinaw*

As the demand increases for the use of our camps by school and community groups, it might be feasible for you to consider extending the operation of your camp. The costs need not be excessive since it is important to remember that the interested groups are unlikely to expect "all the modern conveniences".

The fall, early winter or spring are good seasons in which to try your hand at winterizing since these are the times in which work is easier done indoors.

In selecting a cabin to winterize, make certain it is close to a water source. The lake would be very suitable because running water is not as important a feature to these groups as would be imagined. It would also be wise to remember that people seem to require more space in which to live in the winter. If it is possible, select an adequate building in which sleeping quarters are separate from the living and dining area.

The winterizing can be done by former staff or friends who would like to "get away from it all and do something". We use electric heating in the majority of our buildings because we have found it to be very satisfactory and not as expensive as we were warned it would be. We used existing buildings since it was important to make the best use of

what we had before going to the expense of erecting new buildings.

After you have had any necessary wiring installed, you are ready to begin. The illustration will give you an idea of how simply the work may be done. Here are the steps that we followed . . . first, we stapled in the insulation then covered it with a layer of plastic to act as a moisture barrier. Over the plastic, we stapled a layer of tar paper on the **horizontal** (not vertically as shown in the photo). Over it all we nailed **unfinished** pine boards about one quarter to one half inch apart so that the tar paper was visible. And that's it! We used untreated pine and after three years it is still yellowing well. If you have a source of barn board, line the building with it after you have sprayed it for insects. Plywood is suitable but not as rustic looking.

With the installation of a small electric or gas stove and refrigerator, you are in business! The addition of an old-fashioned pot belly stove and a few pictures on the wall will make a big difference to the appearance of the interior and will aid in making everyone feel more welcome. It is surprising how quickly word will travel and you may find you have enough business to warrant winterizing a second building. ■





## Along the Bookshelf

**CAMP ADMINISTRATION** — by Lynn S. Rodney and Phyllis M. Ford  
Published by The Ronald Press Company. 402 pp. \$8.75

The authors have accomplished a scholarly presentation on the complexities of Camp Administration. The text is filled with accurate information about the many and varied aspects of camping.

Private, agency and government-supported camps receive attention under day camps, resident camps and travel camps. Little attention is given to school camping.

Current trends in programming, administrative procedures, staff selection and training, food services, budgeting and financing, insurance, Public Relations, Property selection and Development are major topics which receive excellent treatment.

The ample appendix has a multitude of the usual camp forms such as medical, staff applications, staff reference, contracts, camper registration and job descriptions.

While this reference book is written strictly from the American point of view, there are many worthwhile applications for those involved in all types of camping in Canada.

Bill Babcock



### OUTDOOR EDUCATION — "WITHOUT BOUNDARIES"

*Proceedings of the International Conference in Outdoor Education held at Camp Kandalore and the Forest Technical School — September 28 - October 1, 1972.*

The title "Without Boundaries" reflects something of the spirit and scope of a conference which was conducted for nearly six hundred persons in a natural setting. As the proceedings reveal there was very broad representation from the Outdoor Education field with an equally wide range of content which mirrors the intent of the title "Without Boundaries".

Because camping is the most significant user of the outdoor education method, it is difficult to find an article on the proceedings which cannot be related or interpolated to camping. The following titles are selected from a much greater number which are included in the volume: *Promising Future Developments in Outdoor Education, Outdoor Education for Handicapped Children, Exploring a Forest, Adventure-Centred Programmes, Outdoor Education in Germany, Residential Field Centres, Day Care Centre Programs, Government Park Services Programs for Outdoor Education, Professional Preparation of Teachers for Outdoor Education, Teaching a Beginner Archer to Shoot, In-Service Programmes and Why the Excitement About Environmental Education?*

The opening and closing addresses are provided in full, along with a summary of at least two of the special conference events, namely, the Chapel Service and an Indian Council night.

Finally, a very useful ingredient is the list of speakers and delegates which, along with the actual programme, permits the reader to follow up on subjects of special interest.

If you desire a copy, contact Kirk Wipper, Room 7, 121 St. Joseph Street, University of Toronto, Toronto, Ontario. Copies are \$3.00 plus 50¢ mailing charge.

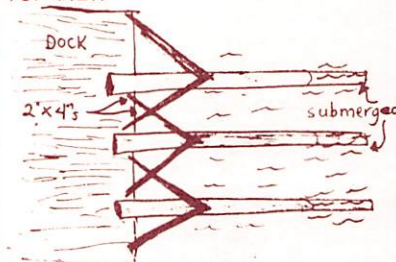
Kirk A.W. Wipper

## TIPS

### Protect your docks against ice!!

To protect your dock against ice damage, fasten a number of logs to the dock in the fashion illustrated below. Logs are secured with 2x4's and spiked into the dock planking. When the wind drives a block of ice towards the dock, it rises up and over the dock.

#### TOP VIEW



#### SIDE VIEW



#### LEVEL VIEW



### DOCK REMAINS INTACT!



Have a "Camp Improvement Day" . . . Each cabin group selects a "man size" project to improve the camp in any fashion it sees fit!



Are your brooms wearing out? Drill a hole and make a loop in the handle so that it can hang up rather than stand in the corner.



How to find a cook . . . For smaller camp operations, a farm woman or housewife can often perform the job of cook very satisfactorily. A letter to the local church can often lead to such a person.



Avoiding food waste. . . If you serve meals family style, have each table return its food platters to the kitchen as soon as everyone at the table has been served. Let the person wanting second helpings take his own plate to the serving wicket for them.

Bruno Morawetz

The Editor welcomes any writers or contributors to this column.



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# heard? do

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Here we are back in action after an exciting summer in camping . . . sincerely hope you experienced the same . . . to bring you the news from across Canada. ▲ The Editorial Committee enjoyed a weekend of brainstorming for the magazine at Camp Trailfinder in September.

**Doug Dent** has joined its ranks as the National Advertising Chairman.

Plans are in the offing to add several new columns dealing with business and finance, programme ideas, day camping, thoughts for the day, nature lore. Would you let us know what you would like to see as a regular column? Also, it would be just great if some of our readers would be interested in assuming the responsibility of writing a column. You send us an "I will" and we'll send our thanks and the dead-line dates for the next three issues. With the exception of two people the Editorial Committee is Ontario-oriented and we have the desire to swell its roster with other provinces represented so that the magazine becomes the true voice of Canada. **Hank Roessingh** has given

much assistance in advising the editor on format and editorial content and she is very appreciative. Constructive criticism is not out of line because only in that way can the magazine improve. ▲ Now on to the news . . . At its Annual Meeting in Halifax on Nov. 5th, the N.S.C.A. re-elected **Rev. David Boston** as its President while The N. & L.C.A. re-elected **Frank Jennings** as President at its Annual Meeting on Nov. 2nd in St. John's, and made **Dr. Doug Eaton** its Honorary President. Our first tip of the hat this season to Frank who assured us, at the CCA Board Meeting in Vancouver, that his association could provide some advertising for the magazine and he has done it! Keep up the good work, Frank. ▲ We hear that the N.B.C.A. Conference, held in Moncton on Nov. 10th, was a big success with 200 in attendance. ▲ Some items of interest came out of the CCA Executive Meeting which preceded the NCBA Conference. . . . There seems to be great enthusiasm on the one hand, for National Camping Day, and total uninterest or lack of initiative on the other. The Committee mailed out approximately 600 evaluation forms to member camps across Canada and received 48 replies indicating that 24 camps participated, 24 did not. It is understandable that the Executive decided there will be no official recognition of this day in 1974. It is our feeling that National Camping Day is valid and can be a definite plus for organized camping in dealing with the public and, therefore, the government. And, too, camping becomes national rather than local scenes wrapped up in themselves. ▲ **Stan Wild** reports that suffi-

cient votes were received by the dead-line date, Nov. 20th, to approve the new Constitution. This means a National Vice-President must be elected by Jan. 31st. Nominations will be called prior to Dec. 31st. The Constitution will be instituted by the April Annual Meeting of C.C.A. It is completely bilingual, accomplished by our friends in Quebec, **Yves Beauregard** in particular. Stan has put many hours into the monumental task of rewriting the Constitution and is to be truly commended for a job well done. ▲ The move for P.E.I. to form a new association is being spearheaded by **John Hughes**. ▲ Dialogue is continuing with the Secretary of State, Hon. Hugh Faulkner, concerning matters related to OFY grants and camping programmes. ▲ **John Latimer** has been in communication with Hon. Robert Andras, Manpower and Immigration, concerning foreign students, and a meeting with him and his staff is planned for the very near future. No indication has been given if another year's exemption will be granted but it is hopeful. ▲ The C.C.A. is very grateful for the continuing financial support of Recreation Canada with special thanks to **Cor Westland** and **Shirl Willette**. ▲ Our President will be writing every province for their reports, documents, research papers and books which will be channelled to **Brian Blackstock**, Publications Chairman, so that he can work on a Central Information Bureau. A big job and one that cannot be done without the support of the provincial associations. ▲ The dates have been set for the following annual meetings and Conferences:

Jan. 24-27 - ACA Conference at Banff • Jan. 31-Feb. 1 - CCA Executive Meeting in Winnipeg • Feb. 2-3 - MCA Camp Directors' Workshop in Winnipeg • Feb. 19-23 - American Camping Association Conference in Atlanta, Georgia • Feb. 26-28 - National Workshop at Camp Richildaca, near Toronto, with emphasis on day camping standards • Mar. 1-3 - OCA Conference at Ryerson Institute in Toronto • Mar. 28-30 - QCA-ACQ Conference at the Queen Elizabeth Hotel in Montreal • April 10 - Society of Camp Directors Annual Meeting in Toronto • April 25-26 - CCA Board and Annual Meeting in St. John's, Nfld. • April 26-27 - N & LCA Conference in St. John's • May 2-4 - SCA Conference • May 3-5 - NSCA Conference in Tatamagouch • May 9-12 - Outdoor Education Conference, sponsored by the Winnipeg Outdoor Education Association, in Winnipeg. ▲ We were delighted to hear that **Don MacAulay** of the SCA was married in July and **Rick Bendera**, the former Secretary of the CCA, in October. Word has reached us that **Marg Mayotte** and **Mike Pezderic** (President of the SCA) will become Mr. and Mrs. on Dec. 22nd. We wish for them all every happiness and success. ▲ The OCA wishes the best to **Al Knox** who is furthering his studies as a post-graduate student in Continuing Education at the University of Saskatchewan and extends a warm hand of welcome to **Wayne Perkins** from Saskatchewan. Wayne has assumed Al's double role as Director of Camp Wanakita and Education Chairman on the OCA Advisory Board.

— Helen E. Stewart